

doubt—knowing intimately as we now do, the perfidious precepts and practices of these peoples—that the representatives of those foreign firms in Paris and London were similarly employed in combination for the same sinister object by the same sinister modes.

*July  
%5th.*

The day dawned upon the Stock Exchange in ominous darkness, if indeed that can be termed a dawn which momentarily deepened in gloom. Every security of every description, the soundest equally with the most precarious, was disastrously affected. The phenomena of Fear, with which here and hereafter we are closely concerned, may be usefully and briefly depicted. We should first remember that each person possesses a virtually *constant* amount of energy—call it nervous or vital or by whatever term we please, since its nature is unknown—which it is impossible for us to increase and over which we can simply exercise a power of redistribution. This energy is that by which we physically live and act, by which we are competent of thinking and judgment, and by which our moral perceptions are sustained. This quantity of energy being fixed universally—the limits of its extent varying in each individual, but its total amount in each remaining constant under every change of distribution—any portion abstracted from customary or natural use in any section of our being, under the impulse of feeling or of any bent, temporary or permanent, of our individual disposition, necessarily renders all other departments of our nature deficient in power and activity: the physical aspect may thus be strengthened by a concurrent decline in intellect and emotion, or our mental capacity may be enhanced by a diminution of supply to our bodily processes. By a sudden transfer, then, of nervous energy under the dictation of apprehension of imminent evil, the digestion becomes impaired, the expiration enfeebled, with the concurrent disturbance also of the heart and circulation; and it is a familiar experience

how dependent upon the normal condition  
and working of these functions are  
alertness of intellect, sobriety of  
judgment, and the calm control of emotion